

## CLAIMS

1. Food composition, or dietary supplementation for moderating an alcohol degradation process in respect to ethanol metabolism within the human body, including the following substances in physiologically relevant amount:

dextrose,  
Vitamin C,  
L-glutamine,  
cysteine,  
riboflavin,  
succinic acid, and/or fumaric acid,  
coenzyme Q10.

2. Food composition or dietary supplementation according to claim 1, wherein a dose of same has a weight of about 13.3g, said dose being configured in a manner which allows same to be consumed within a restaurant or a bar prior to the consumption of alcohol.

3. Food composition or dietary supplementation according to claim 1 or 2, wherein a dose of same includes a dextrose fraction of about 75.2 mass%.

4. Food composition or dietary supplementation according to at least one of claims 1 to 3, wherein a dose of same includes a Vitamin C fraction of about 7.5 mass%.

5. Food composition or dietary supplementation according to at least one of claims 1 to 4, wherein a dose of same includes a L-glutamine fraction of about 11.28 mass%.

6. Food composition or dietary supplementation according to at least one of claims 1 to 5, wherein a dose of same includes a cysteine fraction of about 3.76 mass%.

7. Food composition or dietary supplementation according to at least one of claims 1 to 6, wherein a dose of same includes a riboflavin fraction of about 0.3 mass%.
8. Food composition or dietary supplementation according to at least one of claims 1 to 7, wherein a dose of same includes a succinic acid fraction of about 0.752 mass%.
9. Food composition or dietary supplementation according to at least one of claims 1 to 8, wherein a dose of same includes a fumaric acid fraction of about 0.752 mass%.
10. Food composition or dietary supplementation according to at least one of claims 1 to 9, wherein a dose of same includes a coenzyme fraction of about 0.451 mass%.
11. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein same is in the form of tablets.
12. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein a dose of same includes a plurality of small tablets or capsules.
13. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein said tablets or capsules are contained in a dosage receptacle.
14. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein said composition is of a sugar-cube type form.
15. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein same is in the form of cryopowder.
16. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein same is in the form of a small drink unit.

17. Food composition or dietary supplementation according to at least one of claims 1 to 10, wherein same is in the form of a sirup.

18. Food composition, or dietary supplementation for affecting alcohol degrading process in respect to ethanol metabolism within the human body, including substances, in particular substances mentioned above, providing the following effects within the human body:

- Reducing ethanol metabolism by slowing down the process of ethanol oxidation into acetaldehyde, to prevent accumulation of acetaldehyde in the first place;
- Stimulating the activity of ALDH and avoiding any blockade of its enzymatic activity;
- Speeding up the reaction from acetaldehyde to acetic acid and further decomposition in the citrate cycle;
- Improving the levels of those anti-oxidants of the alcohol consumer which specially protect against toxic effects of acetaldehyde.